



FC Elementary Breakfast Menu

January
2024

Fruits & Vegetable Offered Daily

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 1 No School Happy New Year | 2 Cinnamon Crisps Cheese Stick Juice Selection Fruit Selection Milk | 3 Mini Pancakes Syrup Juice Selection Fruit Selection Milk | 4 Strawberry Pop Tart Cheese Stick Juice Selection Fruit Selection Milk | 5 Mini-Cinnis Juice Selection Fruit Selection Milk |
| 8 Yogurt Cup Dippable Graham Snacks Vegetable Selection Fruit Selection Milk | 9 Vanilla Frosted Long John Juice Selection Fruit Selection Milk | 10 Sausage Breakfast Pizza Vegetable Selection Fruit Selection Milk | 11 Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 12 Banana Choc Chip Muffin Cheese Stick Vegetable Selection Fruit Selection Milk |
| 15 Strawberry Cream Cheese Filled Bagel Vegetable Selection Fruit Selection Milk | 16 Cinnamon Roll Juice Selection Fruit Selection Milk | 17 Pancake on a Stick Syrup Vegetable Selection Fruit Selection Milk | 18 Choice of Cereal Graham Cracker Choice Juice Selection Fruit Selection Milk | 19 French Toast Loaf Cheese Stick Vegetable Selection Fruit Selection Milk |
| 22 No School | 23 Cinnamon Crisps Cheese Stick Juice Selection Fruit Selection Milk | 24 Mini Eggo Waffles Syrup Vegetable Selection Fruit Selection Milk | 25 Strawberry Pop Tart Cheese Stick Juice Selection Fruit Selection Milk | 26 Mini-Cinnis Vegetable Selection Fruit Selection Milk |
| 29 Yogurt Cup Dippable Graham Snacks Vegetable Selection Fruit Selection Milk | 30 Vanilla Frosted Long John Cheese Stick (with Mini Donut) Juice Selection Fruit Selection Milk | 31 Egg & Cheese Biscuit Breakfast Sandwich Vegetable Selection Fruit Selection Milk | 1 | |

PRICES

| | |
|------------|--------|
| K-6 | \$0.00 |
| Adult | \$3.00 |
| Extra Milk | \$0.50 |

EXTRA INFO

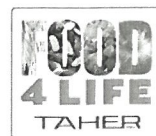
Choice of 1% or Chocolate Milk included with Meals
 Questions contact Emily Kiehne 507-500-4708
 emily.kiehne@isd2198.k12.mn.us

HARVEST OF



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|--|---|--|--|--|
| 1 No School Happy New Year | 2 Macaroni & Cheese Whole Grain Dinner Roll Crispy Chicken Wrap Roasted Broccoli Cherry Tomato Mixed Canned Fruit Fresh Pear Milk Choice | 3 Chicken Bacon Ranch Melt Crispy Chicken Sandwich California Blend Vegetable Cherry Tomato Pineapple Tidbits Fresh Pear Milk Choice | 4 Chicken Alfredo w/Pasta Whole Grain Dinner Roll Cheeseburger on a Bun Green Beans Cherry Tomato Applesauce Fresh Pear Milk Choice | 5 Cheese Pizza Turkey Ham Deli Sub Sandwich Baked Beans Cherry Tomato Diced Pears Fresh Pear Milk Choice |
| 8 Cheese Bosco Stick Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Green Beans Cherry Tomato Peaches, Diced Fresh Grapes Milk Choice | 9 Beef Hot Dog on a Bun Walking Taco Salsa Roasted Corn Cherry Tomato Mixed Canned Fruit Fresh Grapes Milk Choice | 10 Chicken & Cheese Quesadilla Salsa Crispy Chicken Sandwich Baked Beans Cherry Tomato Pineapple Tidbits Fresh Grapes Milk Choice | 11 Pasta with Meat Sauce Garlic Toast Hamburger on a Bun Roasted Broccoli Cherry Tomato Applesauce Fresh Grapefruit Milk Choice | 12 French Toast Sticks Sausage Patty Turkey BLT Wrap Glazed Carrots Cherry Tomato Diced Pears Fresh Grapes Milk Choice |
| 15 Grilled Ham & Cheese Sandwich Crispy Chicken Tenders Whole Grain Dinner Roll Green Beans Baby Carrots Peaches, Diced Banana Milk Choice | 16 Corn Dog Beefy Nachos w/Cheese Sauce Salsa Baked Beans Baby Carrots Mixed Canned Fruit Banana Milk Choice | 17 Crispy Chicken Sandwich Salisbury Steak Whole Grain Dinner Roll Mashed Potatoes Baby Carrots Pineapple Tidbits Banana Gravy Milk Choice | 18 Cheeseburger on a Bun Ham and Cheese Flatbread Munchable Glazed Carrots Baby Carrots Applesauce Banana Milk Choice | 19 Italian Stromboli Marinara Sauce Turkey Deli Sub Sandwich Roasted Broccoli Baby Carrots Diced Pears Banana Milk Choice |
| 22 No School | 23 Popcorn Chicken Garlic Breadstick Honey Mustard Ham Wrap Mashed Potatoes Broccoli Florets Mixed Canned Fruit Fresh Pear Milk Choice | 24 Grilled Cheese Sandwich Crispy Chicken Sandwich Steamed Carrots Broccoli Florets Pineapple Tidbits Fresh Pear Milk Choice | 25 Soft Beef Tacos Salsa Cheeseburger on a Bun Baked Beans Broccoli Florets Applesauce Fresh Pear Milk Choice | 26 Cheese Pizza Turkey Ham Deli Sub Sandwich Steamed Green Beans Broccoli Florets Diced Pears Fresh Pear Milk Choice |
| 29 Cheese Bosco Stick Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced Fresh Grapes Milk Choice | 30 Pancakes Sausage Patty Turkey Munchable Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Fresh Grapes Milk Choice | 31 Crispy Chicken Sandwich Orange Chicken Brown Rice Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Fresh Grapes Milk Choice | 1 | |

PRICES

| | |
|------------|--------|
| K-6 | \$0.00 |
| Adult | \$5.00 |
| Extra Milk | \$0.50 |

EXTRA INFO

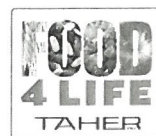
Choice of 1% or Chocolate Milk included with Meal
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 1 No School Happy New Year | 2 Sausage Breakfast Pizza Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 3 French Toast Loaf Cheese Stick Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk | 4 Breakfast Bowl Whole Grain Toast Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 5 Mini Waffles Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk |
| 8 Vanilla Frosted Long John Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk | 9 Cheesy Ham Melt Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 10 Banana Choc Chip Muffin Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk | 11 Yogurt Parfait with Fruit & Granola Cheese Stick Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk | 12 Breakfast Burrito Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk |
| 15 Strawberry Cream Cheese Filled Bagel Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 16 Berry Banana Smoothie Graham Crackers Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 17 Breakfast Flatbread Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk | 18 Scrambled Egg English Muffin Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 19 Biscuits & Gravy Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk |
| 22 No School | 23 Breakfast Sandwich Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 24 Blueberry Muffin Cheese Stick Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk | 25 Cinnamon Roll Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 26 Yogurt Parfait with Fruit & Granola Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk |
| 29 Brekkie Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk | 30 Sausage Breakfast Pizza Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk | 31 Blueberry Loaf Cheese Stick Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk | 1 | |

PRICES

| | |
|------------|-----------|
| 7-8 | \$0.00 |
| 9-12 | \$0.00 |
| Adult | \$3.00 |
| Extra Milk | \$0.50 |
| Ala Carte | \$ Varies |

EXTRA INFO

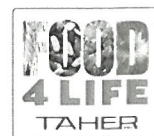
Choice of 1%, Skim, or Chocolate Milk included with meals.
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| 1 No School Happy New Year | 2 Macaroni & Cheese Whole Grain Dinner Roll Turkey Ham Deli Sub Sandwich Roasted Broccoli Mixed Canned Fruit Fresh Pear Milk Choice | 3 Crispy Chicken Nuggets Whole Grain Dinner Roll Turkey Ham Deli Sub Sandwich California Blend Vegetable Pineapple Tidbits Fresh Pear Milk Choice | 4 Chicken Alfredo w/Pasta Whole Grain Dinner Roll Turkey Ham Deli Sub Sandwich Steamed Green Beans Applesauce Fresh Pear Milk Choice | 5 Cheese Pizza Turkey Ham Deli Sub Sandwich Black Beans Diced Pears Fresh Pear Milk Choice |
| 8 Cheese Bosco Stick Marinara Sauce Turkey Ham Deli Sub Sandwich Steamed Green Beans Peaches, Diced Fresh Grapes Milk Choice | 9 LTO Rolled Chicken Enchilada Verde-LTO Beef Hot Dog on a Bun Pretzels Turkey Ham Deli Sub Sandwich Roasted Corn Mixed Canned Fruit | 10 Walking Taco Salsa Turkey Ham Deli Sub Sandwich Refried Beans Pineapple Tidbits Fresh Grapes Milk Choice | 11 Pasta with Meat Sauce Whole Grain Dinner Roll Turkey Ham Deli Sub Sandwich Roasted Broccoli Applesauce Fresh Grapefruit Milk Choice | 12 French Toast Sticks Sausage Patty Turkey Ham Deli Sub Sandwich Glazed Carrots Diced Pears Fresh Grapes Milk Choice |
| 15 Crispy Chicken Sandwich Turkey Ham Deli Sub Sandwich Green Beans Peaches, Diced Banana Milk Choice | 16 Grilled Ham & Cheese Sandwich Harvest Cheddar Sunchip Turkey Ham Deli Sub Sandwich Black Beans Mixed Canned Fruit Banana Milk Choice | 17 Salisbury Steak Whole Grain Dinner Roll Turkey Ham Deli Sub Sandwich Mashed Potatoes Gravy Pineapple Tidbits Banana Milk Choice | 18 Chicken Bites w/ Sweet & Sour Sauce Brown Rice Turkey Ham Deli Sub Sandwich Glazed Carrots Applesauce Banana Milk Choice | 19 Italian Stromboli Turkey Ham Deli Sub Sandwich Roasted Broccoli Diced Pears Banana Milk Choice |
| 22 No School | 23 Hamburger on a Bun Turkey Ham Deli Sub Sandwich Steamed Carrots Mixed Canned Fruit Fresh Pear Milk Choice | 24 Beefy Nachos w/Cheese Sauce Salsa Turkey Ham Deli Sub Sandwich Refried Beans Pineapple Tidbits Fresh Pear Milk Choice | 25 Popcorn Chicken Bowl Bread Stick Turkey Ham Deli Sub Sandwich Applesauce Fresh Pear Milk Choice | 26 Pepperoni Pizza Turkey Ham Deli Sub Sandwich Steamed Green Beans Diced Pears Fresh Pear Milk Choice |
| 29 Cheese Bosco Stick Marinara Sauce Turkey Ham Deli Sub Sandwich Steamed Green Beans Peaches, Diced Fresh Grapes Milk Choice | 30 Pancakes Easy Egg Bake Turkey Ham Deli Sub Sandwich Potato Wedges Mixed Canned Fruit Fresh Grapes Milk Choice | 31 Orange Chicken Brown Rice Turkey Ham Deli Sub Sandwich Steamed Carrots Pineapple Tidbits Fresh Grapes Milk Choice | 1 | |

PRICES

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| 7-8 | \$0.00 |
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